Eating Healthy Checklist

- ✓ Eat a variety of foods.

- ✓ Eat grain, fruits and vegetables.

- ✓ Eat low-saturated and low-cholesterol foods.

- ✓ Go easy on sugar, salt and alcohol.

- ✓ Balance your food consumption with physical activity.

- ✓ Choose lean meats and poultry.

- ✓ Try to include fish in your diet at least once a week.

- ✓ Substitute beans, legumes and lentils for meat twice a week.

- ✓ Limit desserts and cookies.